

May 2009

THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana

Volume 4, Issue 5

In Season....

Fruit: Cherries and avocados

Vegetables: Salad greens, romaine, peas, radicchio, mushrooms, celery, onions, and artichokes

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Top 10 Fruit Snacks For Kids



10. 100 % juice popsicles.
9. Fruit sandwiches- slices of apples or pears with a filling of low fat cheese.
8. Fresh fruit with a dab of peanut butter.
7. Fresh fruit dipped in low fat yogurt.
6. Smoothies made with fruit.
5. Canned fruit or single serve fruit cups.
4. Fresh fruit dipped in applesauce.
3. Dried fruits such as raisins, blueberries, apricots, apple slices.
2. Fresh fruit dipped in salad dressings such as poppy seed or balsamic vinegar.
1. Frozen fruit chunks- such as grapes, banana slices, blueberries or water-melon.



Source: http://www.fruitsandveggiesmorematters.org/?page_id=1791

What's Happening at Study Elementary School...

Study Elementary School in Fort Wayne has made the move to teach and promote students how to garden. Study Elementary sees gardening as a way to help promote kids to appreciate and eat more healthy fresh fruits and vegetables. Studies have shown that when children plant and harvest their own fruits and vegetables, they are more likely to eat them. Some of the vegetables featured in the garden are sweet potatoes, corn, pumpkins, beans, and gourds. Study Elementary started with a small garden next to the school building and have expanded their garden to include three garden boxes plus the space next to the school building. They start with planting the seeds inside the school and then plant them in the garden when they are ready. Students and faculty help with the garden during the summer months. With the support of some very dedicated teachers and the principal, their garden has been a great success. Way to go!



E-mail your school's success stories, and it may be featured in the next issue of *The Buzz*.

Fuel Up to Play: Help Shape a Healthier School Environment

The School Nutrition Foundation (SNF) is partnering up with the National Dairy Council. They will be offering a FREE webinar on Wednesday, May 13, 2009, entitled "Fuel Up to Play: Help Shape a Healthier Environment". Please join the School Nutrition Foundation and the National Dairy Council (NDC), for a webinar on *Fuel Up to Play*. NDC and the National Football League (NFL) have joined forces to develop an in-school program aimed at tackling the nation's current child health and nutrition crisis. This research-based program encourages youth to take action for their own health and provides tools and resources to help improve their school environment. The entire school will accept the challenge to make changes that encourage students to play for 60 minutes daily and impact access to and consumption of foods most children don't eat enough of, such as low-fat and fat-free milk and milk products, fruits, vegetables and whole grains.

Participants will learn how to get involved in this program, earn CEU's for implementation, and how to make the case for the connection between health, nutrition and student achievement in order to involve other school stakeholders.

Date: Wednesday, May 13, 2009

Time: 2:30 PM EDT/1:30 PM CDT/12:30 PM MDT/11:30 AM PDT

Duration: 75 minutes (approximately)



Source: <http://www.schoolnutrition.org/Content.aspx?id=12112>

Preschoolers Love Vegetables With Catchy Names Like 'X-Ray Vision Carrots'

When 186 four-year olds were given carrots called "X-ray Vision Carrots" these children ate nearly twice as much as they did on the lunch days when they were simply labeled as "carrots." The Robert Wood Johnson-funded study also showed the influence of these names might persist. Children continued to eat about 50% more carrots even on the days when they were no longer labeled. The new findings were presented on Monday at the annual meeting of the School Nutrition Association in Washington DC. "Cool names can make for cool foods," says lead author Brian Wansink. "Whether it be 'power peas' or 'dinosaur broccoli trees,' giving a food a fun name makes kids think it will be more fun to eat. And it seems to keep working – even the next day," said Wansink.



Similar results have been found with adults. A restaurant study showed that when the Seafood Filet was changed to "Succulent Italian Seafood Filet," sales increased by 28% and taste rating increased by 12%. "Same food, but different expectations, and a different experience," said Wansink, author of "Mindless Eating: Why We Eat More Than We Eat More Than We Think."

Although the study was conducted in pre-schools, the researchers believe the same naming tricks can work with children. "I've been using this with my kids," said researcher Collin Payne, "Whatever sparks their imagination seems to spark their appetite."

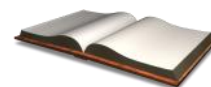


<http://www.sciencedaily.com/releases/2009/03/090302120019.htm>

Eldon Ready School in Griffith

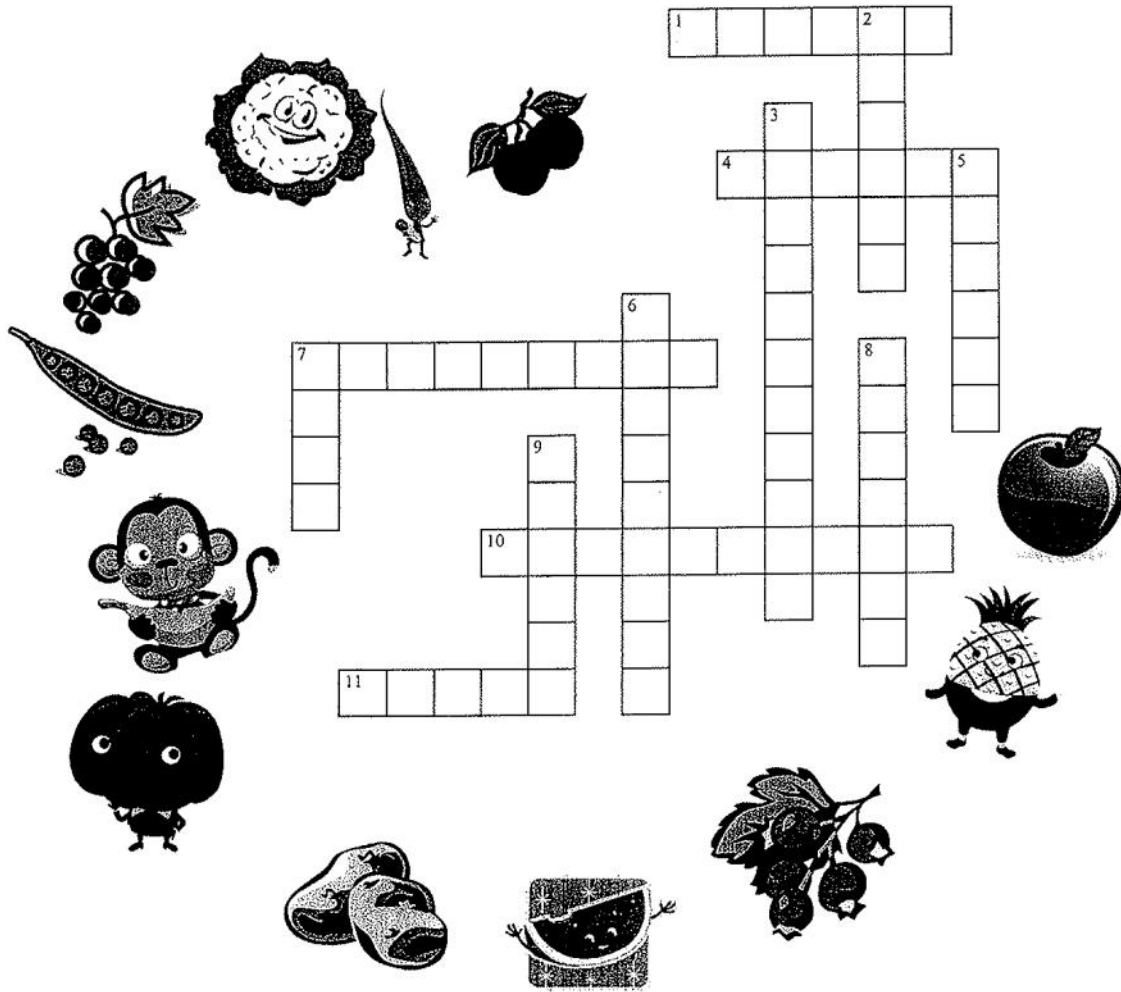
Each grade was given a vitamin to research and share their information on a bulletin board in the cafeteria. The lower grade students colored pictures of the fruits and vegetables associated with each vitamin. All students came together and sampled a variety of fruits and vegetables associated with the vitamins. The offerings were: jicama, anise, pea pods, grapefruit, tomatoes, green beans, sweet potatoes, and orange wedges. Everyone went above and beyond what was expected. Way to be creative Eldon Ready School!

DOE's Lending Library



Schools now have the ability to get online and select nutritional education materials from the DOE's lending library. Go to www.doe.in.gov/food/teamnutrition and click on the lending library tab. Under the lending library tab, there is a PDF which contains the titles, descriptions, and a few pictures of the materials in the lending library. There is a form that schools can fill out and e-mail, fax, or mail to Heather Stinson. Mail the form to Heather Stinson, School and Community Nutrition, 151 W. Ohio St., Indianapolis, IN 46204, fax her at 317-232-0855, or e-mail her at hstinson@doe.in.gov.

Eat a Rainbow Everyday



ACROSS

- 1 This vegetable has 'eyes'
- 4 A favorite fruit among kids and monkeys
- 7 This fruit grows in Hawaii and is sweet and juicy
- 10 A large fruit that grows on a vine and is enjoyed in the summer
- 11 This blue-purple fruit is good both fresh or dried

DOWN

- 2 This red vegetable is delicious on a sandwich
- 3 This white vegetable is a flower you can eat
- 5 This crunchy fruit comes in many colors
- 6 A native berry that grows on a bush
- 7 A vegetable that grows in pods
- 8 This vegetable grows in the ground and is a favorite snack
- 9 This juicy fruit grows on a vine in clusters

Eat a Rainbow Everyday

